



## Yippee ki-yay

Halifax chosen to host 2015 Canadian Country Music Awards and Country Music Week PAGE 3



## Pope bows out

Benedict XVI resigning this month, citing a lack of strength to continue his duties PAGE 5

# LOVE AT FIRST CLICK

THANKS TO THE GROWING ACCEPTANCE OF E-DATING, MORE PEOPLE ARE SEEKING — AND FINDING — TRUE LOVE ONLINE

PAGES 6 & 7



HALIFAX

# metro

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Tuesday, February 12, 2013



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# Suspicious death probed



Investigators look for evidence at the scene of what police called a suspicious death at 52 Chebogue Lane in Dartmouth on Monday evening. JEFF HARPER/METRO

**Dartmouth.** Victim, believed to be in his 20s, found dead in trailer-park home

### Protocol

- Police must treat any death as suspicious if the cause is not immediately evident, until a determination is made by the medical examiner.

A Dartmouth mobile home was surrounded by police tape on Monday evening as Halifax officers investigated the death of a young man found inside the house.

Someone at the home at 52 Chebogue Lane called police around 4:13 p.m. to report the death of a man believed to be in his 20s.

The death was immediately deemed suspicious and Halifax Regional Police Const. Pierre Bourdages said the medical examiner and forensic identification unit were en route to the scene around 5 p.m.

B.J. Atkinson, a neighbour in the trailer park, told Metro the victim lived in the home with his mother. She said she heard the victim had been shot.

"It's absolutely crazy. This doesn't happen here," Atkinson said. "In the 20 years I've lived here, I've seen the regional (police) come in maybe four times for loud music or something like that."

Another neighbour, Tina

Thompson, tried to hold back tears as she described the victim as a "good, quiet kid." She also said he and her son had been hanging out on Monday.

"He was up playing with him in the field earlier today. I thought it was safe," Thompson said.

"I've been here for 45 years. I grew up here. Nothing like this has happened before."

Police remained on scene at the home throughout the evening as they continued to probe the man's death. Officers could be seen searching the snow-covered yard with flashlights as what was left of daylight quickly disappeared.

Staff Sgt. Bill Morris wouldn't offer any details Monday night, including whether the victim had been shot.

"We are not confirming anything at this point," Morris said.

PHILIP CROUCHER/METRO, WITH FILES FROM HALEY RYAN

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Bus shooting

## Teen charged with attempted murder

Halifax police have now charged a 16-year-old with attempted murder in the daytime shooting on a Metro Transit bus last week.

Just before 1 p.m. Thursday, police were called to Pinecrest Drive in Dartmouth after a report of shots being fired on the No. 72 Portland Hills bus. Police say three teenagers on the bus got into a verbal dispute and started fighting. The bus pulled over and one of the teens began shooting. No one was hurt.

A 16-year-old male was taken into custody at a Dartmouth home around 4:30 p.m., and that evening police alleged he was the shooter and charged him with various firearm offences. On Monday, police confirmed the added charge of attempted murder had been laid.

A second teen, 18, was arrested early Friday morning and is charged with assault, creating a disturbance and breach of a court order. The third teen, a 17-year-old female, hasn't been located but she has been identified and is facing charges of assault and causing a disturbance.

PHILIP CROUCHER/METRO

Saint Mary's University

## Support staff vote for strike action

The union for support staff at Nova Scotia's Saint Mary's University says its membership has voted 88 per cent in favour of a strike to back contract demands. The Nova Scotia Government and General Employees Union says conciliation talks are underway with the university's administration. The union says the last offer from the school included a one per cent wage increase in each year of a three-year contract. **THE CANADIAN PRESS**



Members of Halifax-based bluegrass band The Modern Grass perform at a press conference announcing the Canadian Country Music Awards will be held in Halifax in 2015. JEFF HARPER/METRO

# Giddy up, Halifax

**Yeehaw.** Best in Canadian country music coming to city in 2015

MARIKA  
MCKENZIE  
halifax@metronews.ca

Halifax is set to go country.

The province's capital city has been named as the host for the 2015 Canadian Country Music Awards and Country Music Week.

The announcement was made at Casino Nova Scotia's Compass Room by the president of the Canadian

Quoted

**"We will show them a good time, and they will never forget it."**

Minister of Economic and Rural Development and Tourism Percy Paris

Country Music Association, Don Green.

The event will take place Sept. 10-13 with the gala awards show on the final day at the Halifax Metro Centre. It will be the first time Halifax has hosted the event since 1982.

"Halifax put an amazing bid in," said Green. "They had world-class facilities; everything's downtown and conveniently located."

Green also spoke to the

unique flavour of the East Coast for helping to secure the city's bid.

For local artists, the announcement may bring the promise of greater recognition.

"To have an event like this in Halifax is huge," said Tom Terrell, frontman for The Modern Grass, a Halifax roots band that performed at Monday's press conference.

Terrell said this event will hopefully encourage people to pay more attention to local

Maritime artists.

The cultural benefits to hosting this event are many but there are also significant economic ones.

Minister of Economic and Rural Development and Tourism Percy Paris said the province will see \$7 million in economic benefits from the four-day event.

"Major events like this one help us grow our Nova Scotia economy," he said at the press conference.

Paris also announced the province will contribute \$250,000 to the music showcase.

This year's event is taking place in Edmonton and runs Sept. 5 to 8.

1 NEWS



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# No cop cuts: Police chief

## Money matters.

Regional police seeking 5.5 per cent increase in next budget



**RUTH DAVENPORT**  
ruth.davenport@metronews.ca

The new chief of Halifax Regional Police has presented his first proposed budget, and it does not include any job cuts.

Chief Jean-Michel Blais presented the Board of Police Commissioners with what he called a "risky budget" for 2013-14 that includes a \$3.8-million deficit.



**Police Chief Jean-Michel Blais**  
JEFF HARPER/METRO

"We have scrubbed and scrubbed and looked for efficiencies as much as possible without affecting frontline policing service, and it's our intention not to affect frontline

## Salary hike

# \$3.3M

The estimated cost of collective-wage-agreement increases in 2013-14.

police service," he said on Monday, as he outlined the \$73.7-million plan.

Media reports last month suggested that up to 28 officers would lose their jobs for the force to meet budget targets, but Blais said that wouldn't be a good move in the long term.

"The people who have been hired in the last seven years,

those are the leaders of tomorrow," he said. "It doesn't make sense to let them go."

The budget represents a 5.5 per cent increase from the 2012-13 budget, and most of the forecast budget pressures come from an estimated 3.72 per cent increase in the collective agreement for Halifax Regional Police Association members.

"We're a compensation-driven budget. You can assume that if compensation goes up, our budget's going up," said Deputy Chief Chris McNeil.

Service enhancements will cost \$729,400, including \$250,000 for witness protection

— a cost covered by provincial governments in other jurisdictions — and increases to overtime and court time costs.

Blais said efficiencies will come from "rationalizing" senior management and civilian positions, meaning current vacancies will not be backfilled.

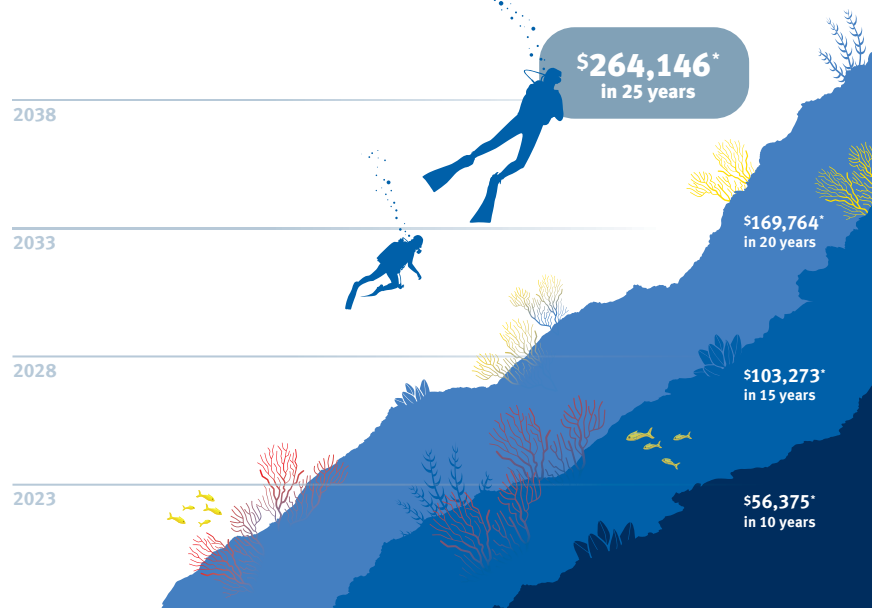
The department is also examining the possibility of converting a handful of sworn officer positions to civilian in the hope of finding savings.

The board did not approve the budget, asking for time to review it in further detail. The members will meet again on Feb. 25 to vote on a recommendation.



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## Police statistics. HRM crime rate drops almost 10 per cent

The downward trend of crime in Halifax continues.

Police on Monday released their end-of-year crime statistics for 2012, showing overall crime in the city is down more than nine per cent from the previous year, with violent crime down almost 14 per cent.

Overall, police say there were 23,262 crimes reported in 2012, down 2,380 from 2011, for a difference of 9.28 per cent.

When it comes to violent crime, the dip was 505 incidents, for a difference of 13.97

per cent.

There were drops in almost every type of crime, from homicide (down 37 per cent) and assaults (down 13 per cent), to break-and-enter (down 20 per cent) and robberies (down 21 per cent).

Prostitution arrests were also down almost 50 per cent and motor vehicle thefts dropped by 13 per cent.

The only crime to go up last year was theft over \$5,000, which jumped 13 per cent.

METRO



Haligonians might see less of this in the coming months: Police statistics show crime has dropped in HRM. METRO FILE

## 2012 campaign

### United Way raises \$6 million

United Way Halifax raised more than \$6 million in its 2012 campaign, the agency announced on Monday.

Campaign co-chairs Kim Mason and John Rogers announced the final tally of \$6,104,138 during the United Way of Halifax Region's annual breakfast before about 800 people at the World Trade and Convention Centre.

United Way Halifax raises funds for community-based agencies and neighbourhood programs.

Also during Monday's breakfast, Mason and Rogers announced that they would remain on as co-chairs for the 2013 campaign. METRO

## Agribusiness

### Dairy co-ops to merge

A Quebec dairy and a Nova Scotia dairy are joining forces.

Farmers Co-operative Dairy Ltd. of Halifax and the Agropur co-operative of Longueuil, Que., announced the merger today in a news release.

Agropur chairman Serge Riendeau says the larger co-operative will be capable of serving customers on a national basis.

The proposed merger will be submitted for approval by the members during separate general assemblies to be held on March 12. The targeted date for the merging of activities is April 2.

THE CANADIAN PRESS





Benedict XVI called it OK for a pontiff to resign for ill health, but not to escape scandal, in 2010. FRANCO ORIGLIA/GETTY IMAGES FILE

# Papal end of days to be chaotic yet stable

## Benedict XVI resigns.

After breaking 600-year taboo, pope holds great sway over successor vote

Declaring that he lacks the strength to do his job, Pope Benedict XVI announced Monday that he will resign on Feb. 28 — becoming the first pontiff to step down in 600 years. His decision sets the stage for a mid-March conclave to elect a new leader for a Catholic Church in deep turmoil.

The 85-year-old pope dropped the bombshell in Latin during a meeting of Vatican cardinals, surprising even his closest collaborators, though he had made clear previously that he would step down if he became too infirm to carry on.

The move allows the Vatican to hold a conclave before Easter to elect a new pope, since the traditional nine days of mourning following the death of a pope don't have to be observed.

It will also allow Benedict to hold great sway over the choice of his successor, though he will not vote. He has already hand-picked the bulk of the College of Cardinals — who will elect the next pope — to guarantee his conservative legacy and ensure an orthodox

future for the church.

Benedict in 2007 passed a decree requiring a two-thirds majority to elect a pope, changing the rules established by John Paul, who had decided that the voting could shift to a simple majority after about 12 days of inconclusive voting. Benedict did so to prevent cardinals from merely holding out until the 12 days had passed to push through a candidate who only had only a slim majority.

The Vatican stressed that no specific medical condition prompted Benedict's decision, that he remained fully lucid and took his decision independently.

When Benedict was elected in 2005 at age 78, he was the oldest pope chosen in nearly 300 years. At the time, he had already been planning to retire as the Vatican's chief orthodoxy watchdog to spend his final years writing in the "peace and quiet" of his native Bavaria.

Cardinal Andre Vingt-Trois, the archbishop of Paris, called Monday's decision a "liberating act for the future," saying popes from now on will no longer feel compelled to stay on until their death.

"One could say that in a certain manner, Pope Benedict XVI broke a taboo," he told reporters in Paris.

THE ASSOCIATED PRESS

## Succession odds

**God does not play dice — but we do**

Bookmakers have been quick to offer odds on candidates to replace Pope Benedict XVI, with cardinals from Ghana, Nigeria and Canada among the early favourites.

Ghana's Cardinal Peter Turkson, Canada's Cardinal Marc Ouellet and Cardinal Francis Arinze of Nigeria lead in betting with Britain's major bookmakers.

William Hill made Turkson — one of the highest-ranking African cardinals at the Vatican — its 3-1 favourite Monday, followed by Ouellet at 7-2 and Arinze at 4-1. THE ASSOCIATED PRESS

## Harper speaks

## Canadian reaction

Prime Minister Stephen Harper says he's shocked to hear Pope Benedict is renouncing the papacy.

Harper has issued a statement in which he describes a 2009 meeting with a "deeply spiritual" man, saying the pontiff has dedicated his life to serving God and his faith and that he will be missed.

Harper noted that during his papacy two Canadians — Andre Bessette and Kateri Tekakwitha — were canonized and Archbishop Thomas Collins of Toronto was elevated to the College of Cardinals.

Meanwhile, Canadian Cardinal Marc Ouellet is being touted as one of the likeliest papal candidates.

In an interview published last April by the Catholic news organization Salt + Light TV, Ouellet was asked whether he had hopes of becoming pope.

"I don't see myself at this level, not at all ... because I see how much it entails (in terms of) responsibility," he said.

THE CANADIAN PRESS



Cardinal Marc Ouellet.

JACQUES BOISSINOT/  
THE CANADIAN PRESS FILE

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OFFICIAL  
ATTEMPT

There are hits ... and there are misses

## A jacket named Fred, and other e-dating horror stories

While there are many success stories thanks to online dating, there are definitely some dates stemming from the Internet that don't turn out so well.



"This girl would barely speak to me on dates, but as soon as the date was over (sometimes even before I had made it back to my car) I would get text messages or emails about how well she thought things were going, and asking if I wanted to pursue a relationship with her."

Miguel D., 33

"I stopped talking to a guy that I was getting creepy vibes from and didn't want to pursue meeting."



After being at my parents' house over Christmas though, I found out he had been trying to add my mom to Facebook for a couple of months — but I never give out any information other than my first name."

Jenna B., 23



"After two days of texting, this 25-year-old asked me what I was doing, to which I replied: 'Not much, just got out of The Hobbit.' He replied: 'What is that?! Some weird sex position?'"

And now his number is blocked."

Steph D., 26



"Last year, the day before Valentine's Day, I met 'Fred.' We met at a downtown coffee shop. Jason walked in and he looked nothing like his profile picture."

Wearing jeans and a denim jacket, he took off his outer leather jacket and flopped it onto a neighbouring chair. When a passerby asked if she could use the chair, Jason grabbed his jacket and yelled 'Fred!' (what he named his jacket) 'Come back here and don't run away again!'"

Jason then spanked the poor coat and threw it over his shoulder.

I was too embarrassed to even look at the girl dragging the chair away."

Amy C., 23

COMPILED BY HEATHER MCINTYRE/METRO

ALL EMOTICONS ISTOCK IMAGES



Got an e-dating-gone-wrong story of your own?  
Email us at [readers@metronews.ca](mailto:readers@metronews.ca).

**Click! In the name love.** Edmonton-area couples have been meeting online for years. The difference now is more admit it, as growing numbers sign up in search of the same success



HEATHER MCINTYRE  
Metro in Edmonton

The first time was the charm for Heather Watson.

Her initial attempt at online dating through Plenty of Fish led somewhere she didn't think it would: marriage, two kids and a third on the way.

After moving to Grande Prairie, Alta., from Edmonton, Watson signed up for online dating. A couple of months after registering, she met Nicholas in November 2008. He became her husband in July 2010.

"At the time I was very busy managing a female-clothing store," said Watson, now 26. "That didn't involve a lot of interaction with men, and I had heard that it was easier to meet men (online)."

According to Plenty of Fish, Watson is one of the lucky ones. The website states: "If you are in contact with 100 different singles, 50 per cent of the time your future partner is in the top 10."

All in all, those aren't bad odds, said Edmonton personal relationship consultant Ryan Jakovljevic, of Evolve Per-

sonal Coaching and Counseling, noting that one in five couples today begin their relationship online.



The 25-year-old believes the growth in use of the partnership method has to do with a fear of rejection, and a draw toward being able to "sift through people and find somebody you think you're highly probable to like and enjoy being around without having to deal with a face-to-face awkward meeting."

Of course, those who have signed up to virtually meet others have done so for different reasons.

For 41-year-old Edmonton man Robin Taylor, who met wife Andrea, 40, nine years ago on Lavalife, it was due to where he was at in his life.

"I had come out of a long-term relationship and ... I was 32, so my previous dating experience prior to that was in my 20s. The world had changed and I wanted to change with it," he said.

For 25-year-old



Mixing technology and romance is no longer seen as taboo — as our models demonstrate inset, are fuelling the popularity of e-dating. HEATHER MCINTYRE/METRO

Catherine Dowhaniuk, who signed up for Lavalife at the tender age of 16, it was in order to make new friends

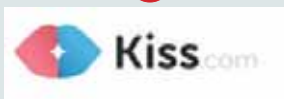
and meet people. She didn't expect to meet Mark, now 32. The Spruce Grove couple married in 2010.

"I think it's a great way to meet people, especially if you're busy all the time," she said. "Whether you make friendships or actually find that person that you love, it's still a great experience altogether."

While they preach the success of online dating because they are proof it can work, those who met through the Internet nearly 10 years ago have a different outlook on the process of filling out a

- 1996: Sixteen online dating websites are listed on Yahoo!

YAHOO!



- 1994: Kiss.com is launched. The site is still active and boasts 12 million users.



- 1998: The Meg Ryan and Tom Hanks rom-com You've Got Mail helps bring online dating to the mainstream.

## Yahoo! Rise of web-based hubs fuels possibilities for romance online

COMPILED BY  
LAURIE CALLSEN/METRO



# N AN ONLINE SPACE



— now that more and more online success stories, like those of Robin and Andrea Taylor and Mark and Catherine Dowhaniuk,

## Playing the odds

### 1 in 5

According to Edmonton personal relationship consultant Ryan Jakovljevic, one in five couples meet online nowadays.

whom she married in 2006, until signing up for Lavalife a second time in 2004.

"When I went back online the second time, the first guy I met, he was kind of a sleaze," said the 36-year-old Edmonton woman. "So when you meet somebody like that it's discouraging because you're thinking, 'His profile picture is nice, his pictures are nice — seems like a nice guy' and then you meet him and all he wants is one thing."

"So it's discouraging, but ... you just have to keep at it."

Criticisms of online dating are that the websites promote hooking up, social isolation and easy options that could attract wandering eyes.

Jakovljevic admits it doesn't always work.

"Dating is largely based on whether or not you feel that attraction, that sort of connection like maybe you have known this person for a long time even if you haven't. And we still don't know quite what on paper creates that — is it similarities? Is it differences? Is it experiences? And although we're getting closer, online dating still hasn't found a way to describe that."

But it is now a mainstream way to form relationships that will succeed and fail, perhaps on a similar level as the ones that start in the grocery store, at the coffee shop, through friends or in the bar, he added.

"I would say that more people succeed than not, put it that way."

## Exclusively online

To watch Robin and Andrea, and more couples, tell their stories of how they met online, go to [metronews.ca/datingstories](http://metronews.ca/datingstories)



## HE HAD COFFEE, SHE HAD TEA

If you're searching for your soulmate online, the Bielendas' love match may give you hope

When Valerie Bielenda went on a date to a Second Cup in downtown Edmonton back in 2004, she took something most don't on dates.

"I had a friend go and sit so that he could watch me to make sure it was safe," she said with a laugh.

That was because she was meeting Mark, with whom she had initiated a conversation on Lavalife.

There was no need to worry though, as the couple chatted until the coffee shop closed, then moved on to Denny's, where they continued talking.

The pair had started chatting online about a week before they had met.

Valerie, now 36, had been on the site before, and was trying it for a second time.

"Being older — 27, 28 — it's harder to meet people because everybody in your age group is already married or paired up with somebody," she said.

Mark, now 38, said it was simply tough to meet girls at bars, and nothing transpired

with those met elsewhere.

The duo married on May 20, 2006, in front of 150 guests.

Many friends, mainly of Mark's, still don't know how they met.

"They don't know, so surprise!" laughed Valerie. "We just kind of never told them that we met online. I think, at the time, they would have bugged him a lot, but it is what it is. We're older now, we don't care."

"And it clearly worked out."

That — and it's more mainstream, added Mark.

"This is just another way of meeting your soulmate."

As the Bielendas, who still remember what one another was wearing, as well as what they had to drink on that first date, await adoption news, they do ponder what will be the next way people meet their partners.

"Twitter," said Valerie. "Isn't that how you meet people nowadays?"

HEATHER MCINTYRE/METRO

## Quoted

**"For the most part, you can try to match up with other people as best as you can, but of course it still doesn't guarantee when you meet that the chemistry will be there. But there's no harm in trying."**

Ryan Jakovljevic, Edmonton personal relationship consultant

questionnaire and chatting through email leading up to a first date now than they did when they were doing it.

Laura Frey met husband Jason on Lavalife in 2003. The Edmonton pair went on their first date on Valentine's Day in 2004, were married the

same day five years later, and now have two children.

"We didn't even tell people how we met," said Frey, 32. "If people asked me, I would totally avoid the question because I was embarrassed — whereas now I just tell people because it's

normal and everyone does it."

In fact, according to Lavalife, more than 1.7 million members exchange more than 700,000 messages every day. Plenty of Fish boasts more than seven million conversations daily.

That change in attitude, and the growing number of people signing up for the sites looking to find a match, prove there is less of a stigma about the idea in 2013 than there used to be.

But that doesn't mean it's easy.

Valerie Bielenda didn't meet her husband, Mark,

YAHOO IMAGE: WIKIMEDIA COMMONS/JUTTA234; YOU'VE GOT MAIL IMAGE: SCREENGRAB/YOUTUBE; ALL OTHER IMAGES SCREENGRABS



- **2004:** Facebook is created.



- **2006:** Social networking website Twitter is created.



- **2007:** Online Dating Magazine says more than 20 million people visit at least one online dating website a day.

- **2009:** An eHarmony survey finds that nearly five per cent of U.S. marriages are from matches made on the site.

## Part 2 of 3

**YESTERDAY**  
Is traditional dating dead?

**TODAY**  
The rise of the e-dating jungle

**TOMORROW**  
E-dating success: How to shine online



## Bill killed. Tories back off on their own Internet surveillance legislation

The Conservative government has abandoned its controversial and much-maligned Internet surveillance bill, legislation it once claimed was crucial to stopping child pornographers.

Less than a year ago, support for Bill C-30, the so-called Protecting Children from Internet Predators Act, was presented to Canadians by the government as a binary choice. "He can either stand with

us or stand with the child pornographers," Public Safety Minister Vic Toews scolded a Liberal critic in the House of Commons last February.

The comment set off a public firestorm concerning the Internet and personal privacy — a nasty fight that resulted in unsavoury details of Toews' divorce being splashed across the web by a Liberal party operative.

Toews, who introduced the legislation, did not attend Monday's news conference where Justice Minister Rob Nicholson said Bill C-30 is dead. After announcing changes to emergency warrantless wiretap laws, Nicholson let drop that C-30 was gone, in response to a reporter's question — an inquiry the minister was clearly expecting.

"Any attempts ... to modernize the Criminal Code will not contain the measures in C-30 — including the warrantless mandatory disclosure of basic subscriber information, or the requirement for telecommunications service providers to build intercept capabilities within their systems," Nicholson said.

THE CANADIAN PRESS

### Significant move

The proposed legislation infuriated a wide cross-section of opponents, including privacy and civil-liberties advocates.

- "I don't think we should underestimate the significance of a majority government backing down on a piece of its legislation," said Michael Geist, the chair of Internet and e-commerce law at the University of Ottawa.
- "This is truly unprecedented within the context of this government," he said.

## The Silvermans. Comedian's sister among women detained at Israel holy site

Israeli police Monday detained 10 women, including the sister of American comic Sarah Silverman, as they tried to pray at a Jerusalem holy site, the head of a Jewish women's group said.

Anat Hoffman, who was among those detained, said the women were stopped because they were wearing religious garb that Orthodox Judaism reserves for men. The incident occurred at the Western Wall, one of Judaism's holiest sites.

Silverman's sister Susan, a Jerusalem rabbi from the liberal Reform stream of Judaism, was detained along with her teenage daughter.

Sarah Silverman wrote on her Facebook page that she was "SO proud" of her sister and niece for their "civil disobedience." The original post included more explicit language typical of Silverman's humour.

The women belong to Women of the Wall, a liberal group that goes to the Western Wall each month to worship. They conduct certain rituals, such as wearing prayer shawls and singing out loud — practices reserved for men under strict Orthodox interpretations.

"They want the group to become frightened," said Hoffman. THE ASSOCIATED PRESS



Wrapped in Jewish prayer shawls Rabbi Susan Silverman, second left, along with her teenage daughter Hallel Abramowitz, second right, are detained by police officers in Jerusalem's Old City on Monday. TALY MAYER/THE ASSOCIATED PRESS

### Anti-gay claims

## Fantino defends Uganda grant

International Co-operation Minister Julian Fantino is defending the Conservative government's decision to fund an Ontario evangelical group that has described homosexuality as a perversion and a sin. The Canadian International Development Agency provides money for aid projects abroad on the basis of results, not religion, Fantino said Monday.

Crossroads Christian Communications, a group that produces TV programs, received \$544,813 in federal money to help dig wells, build latrines and promote hygiene awareness in Uganda. THE CANADIAN PRESS

### More at plutorocks.com

## Name tiny moons

Astronomers announced a contest Monday to name the two itty-bitty moons of Pluto discovered over the last two years. Three Pluto moons already have names associated with Hades and the underworld, so you may need to dig deep into mythology. THE ASSOCIATED PRESS

### Chechens warned

## Steer clear of false healers — or else

Sorcerers, psychics and faith healers may be on the way out in Chechnya, where the leader of the mountainous, overwhelmingly Muslim region in Russia's Caucasus has ordered a crackdown on the practices.

Kremlin-backed strongman Ramzan Kadyrov called on Chechens to steer clear of "charlatans" claiming to have magic powers, whom he accused of exploiting people's sufferings for money.

He went on to threaten that anyone engaging in such practices would feel the force of the region's feared security services. THE ASSOCIATED PRESS

### Myanmar emails

## Hacking denied

Myanmar's government denied Monday that it was behind a possible attempt to hack into the email accounts of journalists working for foreign and local media who Google warned might have been the targets of "state-sponsored attackers." THE ASSOCIATED PRESS

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## E. coli outbreak

XL Foods review  
panel will cost up  
to \$3,500 a day

It will cost taxpayers up to \$3,500 a day, plus expenses, for a three-member panel to review the E. coli outbreak at an Alberta meat plant last fall. The federal government last week launched a review of the outbreak of the bacteria at the XL Foods Inc. plant in Brooks, Alta.

A cabinet order dated Feb. 5 shows Ronald Lewis, B.C.'s former chief veterinary officer, will be paid up to \$1,300 a day to chair the panel. **THE CANADIAN PRESS**

## Market Minute

DOLLAR  
99.57¢ (-0.16¢)TSX  
12,748.15 (-53.08)OIL  
\$97.03 US (+\$1.31)GOLD  
\$1,649.10 US (-\$17.80)Natural gas: \$3.29 (+2¢)  
Dow Jones: 13,971.24 (-21.73)Who's hiding the horsemeat?  
EU regulators aim to find out

These Findus Beef Moussaka packs were removed from shelves in a shop in Ville d'Avray, outside Paris, on Monday, after horsemeat was discovered in some frozen meals. A complex web of trading between wholesalers in Europe is making it difficult for officials to figure out exactly who is passing off horsemeat as beef. **CHRISTOPHE ENA/THE ASSOCIATED PRESS**

**Bogus beef.** As equine flesh turns up in frozen dinners, officials realize supply-chain fraud may be quite widespread

## Quoted

"There are people who are out there to defraud, who are looking to cheat."

France's agriculture minister Stéphane Le Foll, speaking to RTL radio.

A maze of trading between meat wholesalers has made it increasingly difficult to trace the origins of food — enabling horsemeat disguised as beef to be sold in frozen meals across Europe. France's agricultural minister said Monday that regulators must find a way "out of the fog."

The European horsemeat scandal — where the cheaper meat was substituted for beef in everything from burgers to frozen lasagna — is growing, involving more countries, companies and more finger-pointing by the day.

France says Romanian butchers, and Dutch and Cypriot traders were part of a supply chain that resulted in horsemeat being labelled as beef before it was included in frozen dinners including lasagna, moussaka and a similar French

dish called hachis parmentier.

Swedish officials were meeting Monday with executives from the biggest super-market chains to get an overview of how widespread the fraud is, while in Paris top French government officials and meat producers were gathering to get a handle on the crisis, which has snared a French food processing company.

Agriculture Minister Stéphane Le Foll said the results of the French investigation into the horsemeat fraud would be released Wednesday.

No one has reported health risks from the mislabelled meat, which came from a complex supply chain. But clearly some company in the food chain benefited from selling the much cheaper horsemeat as beef. **THE ASSOCIATED PRESS**

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# GO LOVE YOURSELF



**SHE SAYS...**  
Jessica Napier  
metronews.ca

OK everyone: We need to re-surface from underneath the piles of candied sweethearts and overpriced floral bouquets and take a second to breathe. Valentine's Day can be a love-

ly opportunity to express affection for others, but I'd like you to forget about that for a moment and turn inward to focus on another important kind of love: self-love. No, not the home-alone-with-your-laptop-and-a-box-of-tissues kind of self-love, but the happiness that comes from being truly confident with who you are.

Clichéd as it might sound, you can't be happy with a partner unless you're happy with yourself. Making a conscious decision to love yourself — and that includes embracing all of the so-called flaws that make you you — is a prerequisite to accomplishing your life goals and being content both in and out of romantic relationships.

## I don't need your opinion

Sometimes the hardest part about loving yourself is learning how to block out the cynics and manage your own inner monologue of self-doubt.

People born into the millennial generation, with birthdays somewhere between the early 1980s and the early 2000s, are often accused of having a little too much self-love. We've been labelled as a coddled cohort of entitled brats, children spoiled by our helicopter parents' admiration who then grow up into narcissistic young adults obsessed with Instagramming our own self-portraits.

But is having an inflated self-esteem really such a bad thing?

My own piano-lesson-funding parents constantly reassured me that I could be or do anything I wanted, and today, aside from momentary bouts of economy-induced insecurity, I believe them. I have an embarrassing number of "selfies" on my iPhone camera roll because sometimes I think my hair looks really good.

I have wonderful friends and a good job and I can be quite funny sometimes, so I'm told. I don't love myself unconditionally every moment of every day but overall I think I'm pretty great.

Of course, I've read enough scathing reader comments online to know that there are countless people who would disagree with me on my self-evaluation, but that's OK.

Sometimes the hardest part about loving yourself is learning how to block out the cynics and manage your own inner monologue of self-doubt.

I'm not advocating a cultural shift toward egotistical self-interest, but I think we could all do a better job at feeling good about ourselves and showing it off.

Canadians have a habit of being apologetic and self-deprecating. It's arguably a lot easier — and often more comedic — to simply make fun of ourselves rather than display our confidence outwardly.

But we shouldn't undermine our own self-worth in the name of modesty and agreeableness.



Looking for love this Valentine's Day? Look within. [FLICKR.COM: \\*ABHI\\*](https://www.flickr.com/photos/abhi/)

# Skirting around winter blahs



THOMAS LOHNES/GETTY IMAGES

## Carnival festivities

### Umbrella men in skirts revel at fest

On a cold Monday, Germans are in a mood for dancing.

Revelers in Herstein take part in Springerzug, literally "jumping parade," a local Carnival tradition.

Rose Monday is the high point of the annual Carnival in the region between Mainz, Cologne and Düsseldorf, where since 1823 people celebrate free-spirited merrymaking before Lent. **METRO**

## Satire in float formation

### Political parody is central to Carnival

Floats with satirical portrayals of politicians are a traditional part of Carnival celebrations in Germany's Rhineland.

One float in Cologne this year depicts Chancellor Angela Merkel as a mother sow, with piglets wearing European flags suckling at her teats.

In Düsseldorf, Merkel was paraded through the streets, with a Hitler-like moustache being drawn on by a Greek. **METRO**

## Carnival facts

- **Time.** Carnival week begins on the Thursday before Ash Wednesday and finishes on Ash Wednesday.
- **Origins.** In the early 19th century, fun-loving expression (using parody and mockery) was seen as an act of defiance against Prussian and French occupation. Seeking to deride the orderliness of the Prussian soldiers, locals would don extravagant costumes

and carry wooden rifles with flowers protruding from the barrels.

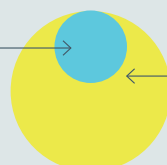
- **Money-maker.** Almost \$2.7 billion US of revenue is generated by the carnival season in Germany, according to German Carnival Association.
- **Candy cache.** During Cologne's Shrove Monday (Rose Monday) procession, 330 tons of candy, 700,000 chocolate bars and 220,000 chocolate boxes are thrown into the crowds lining the streets.



Register at [metropolitanpanel.ca](http://metropolitanpanel.ca) and take the quick poll

A jet-sized asteroid will come so close to Earth this week that it will be between us and our weather satellites. Are you scared?

17%  
YES, THAT'S TOO CLOSE FOR COMFORT



83%  
NO, IF NASA SAYS DON'T WORRY, I DON'T WORRY

## Twitter

**@SarahLJBourque:** @MetroNewsCanada like to say a huge thank you to two Halifax garbage men for digging out my car after it got stuck this morning #gooddeeds

**@dillongarland:** Seriously wish I was 8 years old so it would be socially acceptable for me to play in the snow. #halifax

**@CMTmichelle:** Halifax announced as host for

2015 CCMA's. I'm very excited about this, I love Halifax!!!

**@angelmactho:** of course halifax would get something cool like the CCMA's when i won't be living in the country anymore.... #bitter

**@downtownpaul:** Seriously, I do hope the @CCMAAwards being in Halifax brings back the style of cowboy boots!



## DVD review



## Skyfall

Director. Sam Mendes

Stars. Daniel Craig, Javier Bardem, Naomie Harris

•••••

The 23rd official James Bond film seems as fresh as the first did 51 years ago. Daniel Craig's third stint as 007 finds him wounded and besieged, finally dealing with the calendar's cruel accounting.

Bond must fight a threat that is at once more understandable and more complex than in the past. Leering menace Silva (Javier Bardem) has a computer drive containing a list of NATO officials secretly embedded with terrorist organizations. He plans to expose five at a time, putting many lives at risk. Can Bond stop him?

An early chase scene in Istanbul, which thrillingly recalls the parkour start of Casino Royale, raises doubt — and suspense.

007 still scores with the ladies, who are no longer "Bond girls," but women. Dame Judi Dench is back as spy boss M, turning in a steely performance. Ralph Fiennes, Ben Wishaw and Albert Finney add their own star power.

Director Sam Mendes, a series newcomer, skillfully blends 007 tradition with innovation, making viewers fall for Bond all over again.

Extras includes commentaries and multiple featurettes.

PETER HOWELL



Wanda Sykes brings her brand of comedy to Niagara Falls this week. GETTY IMAGES

## Honeymoon with Wanda

### Coming to Canada.

Comedian shares her thoughts on Niagara Falls, champagne bathtubs and Jodie Foster

NED  
EHRBAR  
Metro World News in Hollywood

Comedian Wanda Sykes brings her standup act to Niagara Falls this week, so we wanted to check in with her about old-fashioned tourist destinations and comparing American and Canadian audiences. She also has some notes for Jodie Foster

following Foster's headline-grabbing Golden Globes speech last month.

### Is there anything you do to modify your show for Canadian audiences?

Not really. You know, I might not do as much with American politics or something, but mainly it's about the same. I don't really switch it too much. Now my act is so much more about personal life and family and kids and stuff, so I think it's a little more relatable. Canadians like to be made fun of. It's kind of like they expect it, and if you don't make fun of them, then they're like, "Come on." Like they ask for it, it's so funny.

### When I think of Niagara Falls, I immediately think of old-fashioned, hokey honeymoons. What's your association with it?

I still think about the people going over it in a barrel. I guess that. But yeah, you think of the hokey honeymoon with the champagne bathtub and the heart-shaped waterbed and stuff like that. But I was told that I would not have any of that in my room. But I just did Leno, and he's played there, and he told me that you can see the Falls right from your room, and it's really fun and nice to look at for about 90 seconds, and then you have to pee. But that might be an old man thing. We'll see if I'll be peeing a lot.

### Did you just call Jay Leno an old man?

I will call Jay Leno an old man to his face. He knows that.

### You handled your coming out of the closet very gracefully. Did you happen to see Jodie Foster's speech at the Golden Globes?

I did. I was confused. I was really confused, because I was like, "Wait a minute, is she making a speech and taking up all this time really to say that she's not coming out?" I mean, then just don't come out. To me it was more confusing than what she was trying to do. It just didn't work for me, I should just say that.

## Naomi puts her best face forward

**Model search.** One of the world's original supermodels turns to TV to find the visage to represent ULTA Beauty

NED  
EHRBAR

Metro World News in Hollywood

Naomi Campbell is heading to TV, joining fellow models Coco Rocha and Karolina Kurkova along with photographer Nigel Barker with the Face, their search for the model who can best represent ULTA Beauty. It's

a daunting task, but the 42-year-old Campbell knows what she's looking for.

### Reality TV is the new model training ground

"There is no model handbook," Campbell says. "Coming from the '90s, we basically just had to learn as we went along and, of course, I would ask Iman or other models who were around me to show me how to do things. But I think things have changed and now I think a show like this is absolutely needed."

### She knows talent

"We're looking for someone

who catches your eye, is driven, passionate, can take direction," she says. "It's someone that, you know, walks into the room and takes your breath away. We are looking for a supermodel like ourselves that can be the new Naomi, the new Karolina, the new Coco."

### The girls better not take this opportunity for granted

"I was always told in the beginning the big end goal was you work, work, work, and then you get this big contract at the end, like ULTA Beauty, which is in 500 stores across America," she

says. "This is a big deal for someone to win this contract. They instantly become a household name."

### It's time for her to give back

"I mean, I've been asked, like, for the last 12 years to do television," Campbell admits. "For me, what was attractive about (the Face was) just the whole thing about mentoring. I've been working for 26 years, and I felt like I do have something that I can share from the business of 26 years under my belt and giving it over to young, hopeful supermodels who want to be in our business today."



Naomi Campbell GETTY IMAGES



# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

## The Word

### Get in on the Grammy gossip



**THE WORD**  
Dorothy Robinson  
scene@metronews.ca

Sunday night was so big we're still talking about it Tuesday (sorry, Pope).

The drama surrounds Chris Brown, of course, because it always does. Brown, who already rubbed most people the wrong way after he refused to give a standing ovation to Frank Ocean when he won over Brown for best urban contemporary album, partied hard at a Hollywood nightclub with Rihanna. TMZ was there to snap pictures of the two of them smoking what appears to be a joint (shocking!) and leaving the club around three in the morning.

The ratings for the 2013 Grammy Awards were big, but not big enough to top

2012's numbers. Why? No dead pop icon. Last year's record audience was because the awards show was held the day after Whitney Houston's death. But still, this year's music-filled awards show delivered 28.37 million viewers.

Missing from Sunday night's party? Justin Bieber, who sat out the Grammys this year. Instead, the pop star decided instead to do a livestream web chat with fans during the awards ceremony, but technical difficulties scuttled those plans.

"Livestream is over capacity and not letting me in the room. Give me a second," Bieber tweeted, letting his frustration show. "Since nothing is working and I'm super-upset, I feel I gotta make it up to you. I should post a new song on Twitter so you can still be excited."

Bieber had decided to forgo the awards show after not receiving a single nomination.

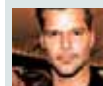


## Ross reveals she is 'listening to her heart' after affair

Liberty Ross is speaking out for the first time since filing for divorce from Rupert Sanders in the wake of his affair last summer with his Snow White and the Huntsman star, Kristen Stewart. Ross is "keeping her head down" and "listening to her heart," she tells the Associated Press. Meanwhile,

sources tell Us Weekly that Sanders' affair was simply the last straw in an already strained marriage. "She wasn't very happy, even before all this happened," a source says. "Rupert put a lot of pressure on her to change her life for him, and they moved to L.A. for him."

## Twitter



**@ricky\_martin**

The #Pope resigns? I didn't know that was even possible. Apparently, the last time a pope resigned was the year 1415 #IfYouRintrested



**@SarahKSilverman**

When I die my only wish will be to have a religion started based on me (like where I'm the star)& also my face on money



**@DanaDelaney**

Now that gays can marry, the Pope resigns. #met-someone

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## Order of Nova Scotia

The deadline for nominations for the 2013 Order of Nova Scotia is Friday, March 15th.

The Order of Nova Scotia is the highest honour awarded by the province. All Nova Scotians are encouraged to consider nominating or renominating someone who has made an impact on their community and their province. This award is about people who value people.

Information and nomination forms are available in a number of ways:



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Call: 902-424-4463  
Visit Province Houses any MLA, Nova Scotia MP or municipal office.





# The dating food guide

Dr. Dawn Harper, a health expert on the award winning British TV show *Embarrassing Bodies*, talks us through what we should and shouldn't eat or drink before, during and after a hot date.

ROMINA MCGUINNESS  
romina.mcguinness@metro.ca

## BEFORE



**TAKE A PROBIOTIC** If you know that you suffer from gas, taking a probiotic (as a supplement or in your yogurt or cereal) will help with your digestion.



**BEAT THE BLOAT** Constipation causes bloating. Increase the fibre in your diet by eating more fruit and vegetables two to three days before the date.



**FILL UP ON H<sub>2</sub>O** Drink plenty of fluids. A dehydrated mouth is a smelly one.



**DON'T DRINK ON AN EMPTY STOMACH** But if you're going for dinner, you can't afford to be too full either. Have something small, like a cookie and a glass of milk, to line your stomach.

## DURING THE DATE



**SKIP THE SPAGHETTI** If I were going out to impress, I wouldn't order a pasta-based dish. I've yet to meet somebody who could eat spaghetti easily — it may dribble down your face. Choose something you know you can eat relatively elegantly.



**AVOID GASSY FOODS** Our body produces around two litres of bowel gas a day ... but you don't want to be burping or breaking wind when you're trying to have a romantic evening, do you? Foods such as beans, pulses, onions, cabbage, sprouts, cauliflower and artichokes increase production of gas. Avoid any awkwardness by removing these foods from your diet for a while.



**SKIP THE ESPRESSO** End the meal with a peppermint tea or a sweet. This will freshen your breath and help ease digestion.



**PACE YOURSELF** Eat slowly! It can take 20 minutes for the hormones secreted in your stomach to get the message through to the brain indicating that you're full. If you eat too fast, you may have overdone it by the time your brain goes, "Wait, slow down!" And then you'll be left with that horrible feeling that you've got a brick lodged in your stomach.

**WATCH YOUR MOUTH** Spicy or garlicky foods can cause bad breath. Be conscious of what your other half is eating and follow suit. Tip: if your dish comes with a parsley garnish, chew on that as it will help get rid of any nasty smells in your mouth.

## AFTER



**DON'T SAY WE DIDN'T WARN YOU...** If you were a complete pig at dinner, then you're probably going to want to lie down, hold your belly and groan. You won't be up for a night of passion.



**PRACTISE SAFE SEX ...** The nicest people can and do get sexually transmitted diseases. You might be out with Mr. or Ms. Wonderful — but genitals don't know that, and neither do the bugs that party down there. Make sure you use protection — if you're not crippled by stomach cramps from eating too much food, that is.

### Close encounters

#### ...and other health issues you might want to be aware of

**Teeth.** According to Harper, we should all be brushing our teeth twice a day and flossing at least once. Doing so will remove the tiny particles lodged between the teeth, which can become a source of bad breath when broken down by bacteria. You can also use a tongue scraper.

**Food hygiene.** Avoid buffet style meals, warns Harper: "Food that's been out hanging around at room temperature for a long while is more likely to be contaminated."

**Body odor.** You sweat, you wash — makes sense, right? Ironically, that's actually the worst thing you could do. "Fresh sweat doesn't smell — pungent BO is the result of sweat being broken down by the bacteria on your skin," says Harper. "This is because the skin is slightly acidic, so when you use a normal perfumed soap, which is slightly alkaline, you're changing the PH of the skin and creating an environment that's better for the bacteria to grow. It's a vicious cycle. The bacteria have had a chance to replicate and proliferate and now there are more of them breaking the sweat down, making the smell worse. Use PH balanced soap to slow down the production of bacteria."

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Health Solutions

## Chocolate outside of the box



**NUTRI-BITES**  
Theresa Albert  
DHN, RNCP  
myfriendinfood.com

My funny valentine, you are going to have to think outside the box this year in your love purchase.

There are ways to show your affection without all that sugar and fat. And I promise, it will feel just as sweet.

Here are three ideas:

### Cocoa nibs in a grinder

Nibs are bits of the whole cocoa fruit before all the processing, which means that they retain their full antioxidant power. A beautiful grinder that sits next to the pepper mill will remind me all year not only to use the nibs on everything as I do pepper, but also that



you thought of me deeply.

### Whip up a Mexican Hot cocoa mix

Organic cocoa powder, skim milk powder, organic cane sugar, cinnamon, pinch of chili pepper. A couple of spoons of this in a cup of boiling water and all I will be able to think about is spooning.

### At least 70 per cent cocoa, please

If you are going to buy me straight up, good old chocolate, make it the finest, organic, fair trade dark stuff that has at least 70 per cent cocoa. We may as well love the rest of the world as much as we love each other.

**THERESA ALBERT IS A FOOD COMMUNICATIONS CONSULTANT AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**

# Fat Tuesday slims down with Red Beans and Rice Soup

With Mardi Gras upon us, turn the classic Red Beans and Rice dish into a hearty (and healthy) soup fit for a Mardi Gras party.

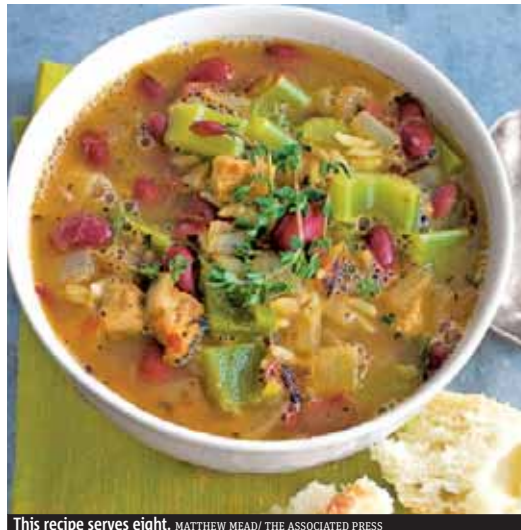
All it takes to transform the standard Red Beans and Rice into soup is the addition of celery, onion and green bell peppers (often called the "Holy Trinity" of New Orleans cuisine), a little Creole seasoning, some chicken stock, and andouille sausage.

By the way, this soup is even better a few days later, and it freezes well.

1. In saucepan over medium, heat oil. Add sausage and cook, stirring occasionally, until lightly browned, 5 minutes. Use slotted spoon to transfer to a bowl.

2. Add onion to saucepan and cook, stirring occasionally, until golden, 5 minutes. Add garlic and Creole seasoning and cook, stirring, 1 minute.

3. While onion and garlic are cooking, mash 1 cup of kidney beans with fork, then add them to saucepan. Add celery, pepper, remaining whole beans, chicken broth and bay leaf.



This recipe serves eight. MATTHEW MEAD/ THE ASSOCIATED PRESS

Bring mix to a boil, then reduce to a simmer and cook for 15 minutes, stirring occasionally.

4. Stir in reserved sausage and the cooked rice. Cook until heated through. Discard the bay leaf before serving.

### Creole Seasoning

1. In a small bowl combine all ingredients. Store in airtight container for up to 6 months.

**THE ASSOCIATED PRESS/SARA MOULTON, AUTHOR OF SARA MOULTON'S EVERYDAY FAMILY DINNERS.**

### Ingredients

- 2 tbsp olive oil
  - 9 oz (3 links) turkey or chicken andouille sausage, diced into 1/2-inch chunks
  - 2 cups medium chopped yellow onion
  - 3 cloves garlic, minced
  - 1 tbsp Creole seasoning (purchased or use the recipe below)
  - Two 15 1/2-oz cans low-sodium red kidney beans, drained and rinsed
  - 2 cups chopped celery
  - 1 1/2 cups chopped green or red bell pepper
  - 6 cups low-sodium chicken broth
  - 1 Turkish bay leaf
  - 1 1/2 cups cooked brown rice (1/2 cup uncooked produces 1 1/2 cups cooked)
- Creole Seasoning**
- 1 tbsp plus 1 teaspoon hot paprika
  - 1 tbsp garlic powder
  - 1 1/2 tsp each onion powder, cayenne, dried oregano, dried thyme
  - 1 tsp each ground black pepper, kosher salt

## Dessert. Mardi Gras Banana Bourbon Bread Pudding

### Ingredients

#### For the bread pudding:

- 1 loaf (about 14 oz) banana bread, cubed
- 4 cups (8 oz) cubed French bread
- 2 very ripe bananas, mashed
- 3 eggs
- 1 cup sugar
- 3 cups milk, hot

- 1 tsp vanilla extract
- 1/2 tsp ground allspice
- 1/2 cup pecans, toasted and chopped

#### For the bourbon hard sauce:

- 1/2 cup (1 stick) butter, softened
- 2 cups powdered sugar, sifted
- 1/4 cup Bourbon

1. Heat oven to 350 F. Coat 9-by-13-inch baking pan with cooking spray.

2. On rimmed baking sheet, arrange cubed banana and French or Italian breads in even layer. Bake 15 minutes, or until lightly toasted. Set aside.

3. In bowl, whisk mashed bananas, eggs and sugar. While

whisking, pour in the hot milk, then add vanilla and allspice. Gently mix in toasted bread cubes and pecans, then spoon mix into prepared pan. Bake until puffed and cooked through, about 30 minutes.

4. Meanwhile, prepare sauce. In bowl, use an electric mixer to beat the butter until smooth and soft. Add the powdered



This recipe serves 16. MATTHEW MEAD/ THE ASSOCIATED PRESS

sugar and beat until well incorporated. Add the bourbon and stir until smooth. Set aside.

5. When the bread pudding has finished baking, dollop the

hard sauce over the surface, spreading it as necessary to allow it to melt evenly over the surface. Serve the bread pudding warm.

**THE ASSOCIATED PRESS**

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# When is a loan right for you?

YLVA  
VAN BUUREN  
For Metro

It's a common scenario at tax time — the accountant preparing your personal tax return calls to say that you owe money ... and you should buy RRSPs to reduce the tax bill. If extra funds are not available, should you rush out and get a loan?

"Unfortunately, most people make RRSP loan decisions on the spur of the moment," says Stephanie Holmes-Winton, CEO, The Money Finder, Halifax, and a member of Advocis, The Financial Advisors Association of Canada. "And it should really be a thought-out part of their financial plan."

Reducing your tax bill is one of the reasons why many people buy RRSPs — and that makes sense, says Anthony Williams, Canadian Institute of Financial Planning, vice-president of academic affairs. A lump sum RRSP loan will help reduce your gross income, which reduces the amount of taxes you owe.

At the same time, putting a lump sum amount in all at once allows your money to grow more over time, Williams said, because it's in there longer — compared to if you put in the same amount but made monthly contributions.

Another reason people take a large sum RRSP loan is because it may trigger a tax refund, but that can work against you, too, if you aren't careful.

Here are three scenarios where you might want to reconsider an RRSP loan:



A lump sum RRSP loan can help reduce your gross income, which reduces your taxes. COMSTOCK IMAGES/THINKSTOCK

## You aren't a disciplined money manager

"Borrowing money to get a tax refund and then spending that refund on 'whatever' is not recommended," Holmes-Winton said. "You end up paying the loan back with after-tax dollars plus interest."

It's better to apply the refund cheque to the RRSP loan and lower the principal. Some

banks structure RRSP loans so the first payment won't apply until after you get the tax refund.

## The new monthly payment will not be manageable

A loan means there is a debt obligation and you will have to have the cash flow to make the monthly payment. Some people have to supplement

their income, Holmes-Winton said, by using credit cards and lines of credit and they end up in worse shape.

## The loan costs more than you think

Sometimes there are payment free periods of time, but extra interest costs or administrative fees. Always read the fine print, and don't rush into anything.

# Contributions. Program allows you to upgrade your education

MICHELLE  
WILLIAMS  
For Metro

In recent years, the number of Canadians of all ages starting over in new careers has hit an all-time high. Maybe you have always wanted to explore new opportunities — or perhaps you have been caught in your company's downsizing and you need to establish yourself in a new vocation. The quandary is how to support yourself and your family while you retrain.

"A new government program is making education upgrading easier for Canadians," explains Serena Cheng, director of Wealth Management and investment adviser with Richardson GMP in Toronto. "The Lifelong Learning Plan allows you to use your RRSP contributions

to pay for training for you or your spouse."

The Lifelong Learning Plan (LLP) allows you to take out up to \$10,000 annually from your RRSPs to a total of \$20,000 in more than a four-year period for you or your spouse, but not for your children's education. The best part — you will continue to be sheltered from paying taxes on the withdrawal. You will have to repay your RRSP over a 10-year period; any funds not repaid after the 10-year deadline will count as income and be taxed.

To participate in the program, there are conditions to meet. While you can use the funds to pay any expenses, you must be registered full time (disabled individuals may be registered part time) in a qualifying program at an approved educational institu-



A program is making education upgrading easier. ISTOCKPHOTO/THINKSTOCK

back your RRSP contribution before you apply for a new program. Typically, repayments must start in the fifth year after the first withdrawal to avoid tax penalties.

"This plan is a great incentive to get retrained if you are starting over in a new career, but you want to make sure you see yourself moving into the particular field you're training for before you decide to dissolve your assets," Cheng said. "It would be a shame to lose out on the deferred growth of your RRSP and discover part way through the program that this isn't the field for you."

For more information on the Lifelong Learning Plan and more ways to use RRSP contributions to train for a new career, contact a certified financial planner or your local financial institution.

tion. You must reside in Canada and complete your program before 71 years of age.

Participation in the LLP program is available as many times as you want over your lifetime, provided you pay



CIS football

## Huskies name Simmons new defensive co-ordinator

A former co-ordinator in the Canadian Football League is taking over the defensive reins of the Saint Mary's Huskies.

Marcello Simmons, a former special team's co-ordinator with both the Toronto Argonauts and Edmonton Eskimos, was named Monday as the Huskies' new defensive co-ordinator.

Simmons coached with the Eskimos last year and Toronto from 2003 to 2008.

Simmons is no stranger to CIS football, either. The native of Tomball, Texas, was defensive backs coach with the Guelph Gryphons in 2011 and the Acadia Axemen in 2010.

Also Monday, Huskies head coach Perry Marchese announced that Dean Jones is taking over as special teams co-ordinator while Brad Chalmers is the new strength and conditioning coach.

Jones is a former Huskies running back who played under Blake Nill from 1998 to 2002. Last year, he volunteered to help coach the club's running backs. **METRO**



Marcello Simmons  
HANDOUT/EDMONTON ESKIMOS



Halifax Mooseheads forward Nathan MacKinnon from last week's game against the Rimouski Oceanic. JEFF HARPER/METRO

# MackKinnon shelved for up to two weeks

**On the bright side?**  
Mooseheads coach thinks rest could do him some good



PHILIP  
CROUCHER  
philip.croucher@metronews.ca

In the end, this could be a good thing for Nathan MacKinnon.

The Halifax Mooseheads announced Monday that their star centre would be out for up to two weeks with a lower-body injury. He suffered the injury last Friday during the second period against the

Moncton Wildcats, a game Halifax lost 8-5.

With the amount of hockey MacKinnon has played since December, most notably with the Canadian world junior team, a break like this could turn out to be a positive one for the 17-year-old. It's something head coach Dominique Ducharme even brings up when discussing the injury.

"The only maybe positive for him is he's going to get some rest and come back 100 per cent and fresh," Ducharme said. "Ready to attack the rest of the season and playoffs."

The team isn't specifically saying what is wrong with MacKinnon, but he could be

Twitter talk

Nathan MacKinnon took to Twitter on Monday to talk about the injury.

- "Only thing worse than watching practice right now is the game I have to watch tomorrow #wannaplay"

seen favouring his right leg after trying to get the puck in the neutral zone against the Wildcats. He left the game and didn't return.

MacKinnon is second in Mooseheads scoring with 28 goals and 69 points in 41

games.

With his absence, Ducharme said he plans to move 20-year-old Stephen MacAulay on to the top line, centring Jonathan Drouin and Martin Frk.

"He's good on both sides and he's got experience. I don't see a problem with that," Ducharme said. "He's a complete player so he can adapt with anyone."

Halifax hosts the Prince Edward Island Rocket Tuesday at the Metro Centre at 7 p.m. and Ducharme said he will be dressing 11 forwards and seven defencemen for the game. Forwards Andrew Ryan and Ryan Falkenham are also out due to injuries.

## Sun rising on Jays' season

The Smashing Pumpkins' Tonight, Tonight blared from the press box Monday as Jose Bautista cracked balls from the batting cage at the Florida Auto Exchange Stadium.

The morning sun beat down on this slice of Florida while Bautista swung to Billy Corgan singing "Believe, believe in me, believe. That life can change, that you're not stuck in vain. We're not the same, we're different tonight."

Pitchers and catchers don't report until Tuesday but hopes are already sky-high around the big-spending Blue Jays (73-89 last season, fourth in the AL East) in the wake of acquiring R.A.



Jose Bautista on Monday in Dunedin, Fla. THE CANADIAN PRESS

Dickey, Mark Buehrle, Josh Johnson, Jose Reyes, Melky Cabrera, Maicer Izturis and Emilio Bonifacio.

"We were, I think, hopefully optimistic last year. But I think this year we expect to win — that's the difference," said Brandon Morrow.

Bautista was all business, yelling, "Hey we haven't even officially started yet. Jeez. Tomorrow," as he passed a media scrum around pitcher Drew Hutchison on his way to the field.

The Jays slugger bypassed the media on his way back to the clubhouse, saying he had to complete his workout. Later, he sent a message via a club official that he was running late and wouldn't be speaking to the media.

"We need him," manager John Gibbons said of Bautista, whose 2012 season was cut short by wrist surgery. "If we're going to do anything, he's got to be a big part of that." **THE CANADIAN PRESS**

## NHL. No conclusive evidence of biting gets Grabovski off the hook

The NHL will not suspend Toronto Maple Leafs forward Mikhail Grabovski for an alleged biting incident in Saturday's game against Montreal.

The league said there was no conclusive evidence that Grabovski bit Canadiens forward Max Pacioretty.

Pacioretty says he got a precautionary tetanus shot after the incident in Toronto's 6-0 victory. The forward emerged from the skirmish showing his arm to the officials and claiming that Grabovski bit him.

"It was an emotional game," Pacioretty said Mon-

Not the first 'bite'

In Game 1 of the 2011 Stanley Cup final, Alex Burrows appeared to bite the finger of Boston centre Patrice Bergeron. There was no suspension issued in that incident.

day. "It got out of hand. People were fired up."

Grabovski was in the lineup during the Leafs' 5-2 victory over the Philadelphia Flyers on Monday. **THE CANADIAN PRESS**





## Horoscopes

## ♈ Aries

March 21 - April 20

Give yourself permission to dream. You may be a realist by nature but a little bit of fantasy is not a bad thing and could do wonders for your confidence. You may think of something you can use to your advantage.

## ♉ Taurus

April 21 - May 21

Everything seems to be moving in the right direction for you now but the downside is that certain people are resentful of your success and may try to blow you off course. Don't let it happen. Be ruthless if you must.

## ♊ Gemini

May 22 - June 21

Mercury, your ruler is on good terms with both Pluto and Saturn, so you will be thinking some pretty deep thoughts. Don't get too serious though. Yours is a sign that does best when things are kept as light-hearted as possible.

## ♋ Cancer

June 22 - July 23

You are appreciated by a great many people, probably more than you realize, and some of those people will go out of their way to show their gratitude towards you today. Enjoy your good fortune. You thoroughly deserve it.

## ♌ Leo

July 24 - Aug. 23

Changes on the work front will create new opportunities and if you are quick to react to them it won't be long before you are moving up in the world. Don't ever doubt that you are equal to the job — you're the best!

## ♍ Virgo

Aug. 24 - Sept. 23

Do you wish you were some place else than where you actually are? According to the planets, you are thinking about making some kind of move and it could be a big one. Don't just change the scenery, change your lifestyle too.

## ♏ Libra

Sept. 24 - Oct. 23

It's highly unlikely that you will get through the day without clashing with someone you believe is a threat to your security. You may in fact be entirely wrong, but it's better to be safe than sorry. Protect yourself.

## ♐ Scorpio

Oct. 24 - Nov. 22

Anyone who thinks they can get the better of you intellectually is living in cloud cuckoo land. Your sharp Scorpio mind will run circles around them today and they'll think twice before they take you on again.

## ♑ Sagittarius

Nov. 23 - Dec. 21

Stick to your timetable today — don't let anything distract you or let anyone lead you astray. You are on a very tight schedule at the moment and the slightest deviation could be disastrous. Make sure you're well organized.

## ♒ Capricorn

Dec. 22 - Jan. 20

There is a great deal of tension both at home and at work at the moment and the best way to get through it is to stay calm. Above all, watch what you say. You can be rather harsh in your comments sometimes.

## ♊ Aquarius

Jan. 21 - Feb. 19

You have a whole load of plans but not everyone in your social circle or at work seems to share your enthusiasm. But what of it? If you have to do it all yourself then you won't have to share the spoils!

## ♓ Pisces

Feb. 20 - March 20

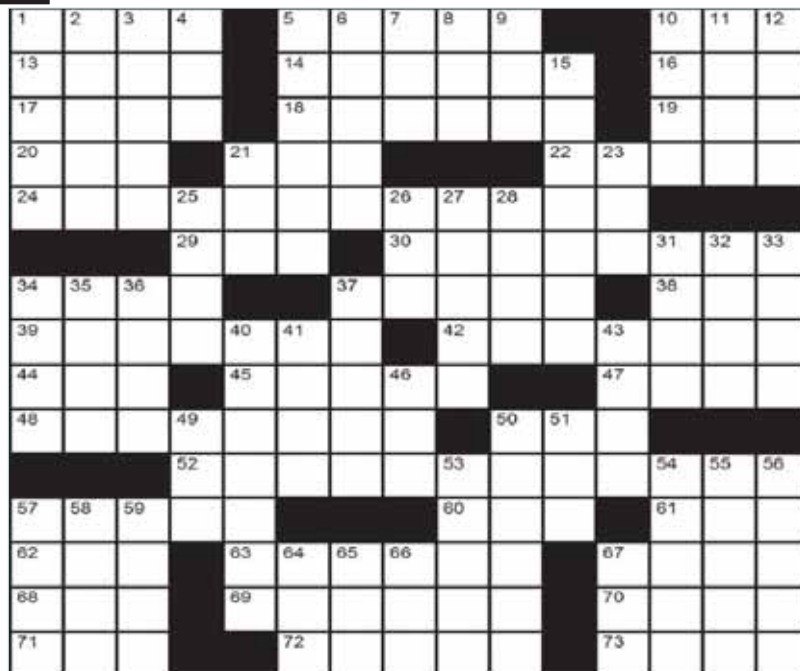
Mercury in your sign links with both Pluto and Saturn today, adding a sharp edge to your mind and an equally sharp edge to your tongue. Whatever it is you have to say, no one will fail to get the message.

SALLY BROMPTON

## Crossword: Canada Across and Down

## Across

1. Model search series, "The \_\_\_"
  5. Canadian supermodel coach on #1-Across, Coco \_\_\_
  10. Motorists org.
  13. DC Comics supervillain, \_\_\_ Kadabra
  14. Sir \_\_\_ Hillary (Everest mountaineer)
  16. Median, mini-ly
  17. 'Super', in slang
  18. Go-\_\_\_
  19. \_\_\_ Lanka
  20. 'John Hancock', e.g.
  21. Actor Mr. Tognazzi
  22. Search engine
  24. Canadian singer/songwriter sisters: 3 wds.
  29. Untruth
  30. Justin Bieber's 'Believe \_\_\_'
  34. \_\_\_/\_\_\_ radio
  37. Canadian pianist Mr. Gould
  38. Grey Cup org.
  39. Chocolate/caramel/nougat treat: 2 wds.
  42. Instant coffee brand
  44. "...man \_\_\_ mouse?"
  45. "The Simpsons" convenience store, Kwik-\_\_\_
  47. 'Pseud' suffix
  48. Fruit sugar
  50. Singer Janis
  52. 2001 Kevin Spacey movie set in Newfoundland, "The \_\_\_"
  57. Guitarist, Lenny \_\_\_
  60. Pre-A.D. time alternative
  61. Rap star, Tone-\_\_\_
  62. Purpose
  63. Yellow-bordered mag since 1888: 2 wds.
  67. Morning talk's Kelly
  68. Philosophy
  69. Queen Elizabeth's youngest son
  70. Russian ruler, variantly
  71. PBS funding org.
  72. \_\_\_-face (Reversal)
  73. Actor Mr. Donovan
- Down**
1. 1859 Charles Gounod opera

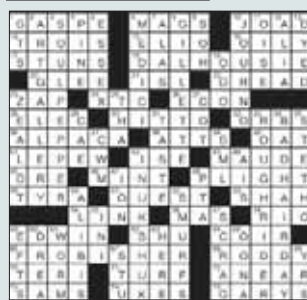


2. Aussie actress Ms. Cornish
3. Allison Janney's "The West Wing" role, C.J. \_\_\_
4. Head hearer
5. Music style
6. Ancient theatre
7. "Pick a Puppy" channel
8. Gilligan's dwelling
9. 'Prop' suffix (Fuel)
10. Money
11. Supersonic interceptor aircraft developed-then-halted in Canada in the 1950s, \_\_\_ Arrow
12. Currency exchange fee
15. Rehearsals: 2 wds.
21. Prefix with 'cycle'

23. Writer Mr. Milne's
25. Donations
26. Music direction, \_\_\_ segno
27. Fragrance
28. First-rate
31. \_\_\_ highway
32. Questionable
33. Li'l mandarin-like fruit
34. "I \_\_\_ the opinion that..."
35. Dave \_\_\_ (1965 PGA Championship winner)
36. Herr's wife
37. Fathom
40. Dr. Norman \_\_\_
41. Quant \_\_\_ (For my part, in French)

43. Hartford, \_\_\_
46. Gym workout unit, commonly
49. Our version of NASA
50. Encrypted: 2 wds.
51. Birthday changer
53. French composer Jacques
54. Miss Doolittle of theatre
55. Tom of "The Dukes of Hazzard"
56. Frighten
57. Bathroom = Salle de \_\_\_
58. Stand up
59. Ms. Stone of flicks
64. Dictionary abbr.
65. Couple
66. Guy opposite
67. Sales slip, shortly

## Yesterday's Crossword



## Sudoku

## How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

## Yesterday's Sudoku



**Today** 4°/-3° Rain and snow 40%

**Wednesday** 1°/-5° Partly cloudy

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# HalifaxGold

Canada's trusted neighbourhood gold buyers

## SELL YOUR GOLD WITH PEACE OF MIND

### LEARN THE FACTS AND PROTECT YOURSELF

When it comes to buying, selling, refining and recycling precious metals, HalifaxGold is the leading, trusted authority in the industry. We are leading the way by providing a trusted tradition of ethical practices, information and education as well as unparalleled service to each and every customer. We have made major investments to acquire state-of-the-art gold testing equipment to assure exact details of the items being tested. You will be involved in each step along the way.

### HERE ARE A FEW WAYS WE TEST YOUR GOLD:



#### ACID SCRATCH TEST

The first step we use is an acid scratch test. This may be the only test that is used if the test goes well. We scratch the item on a smooth touch stone (similar to slate). This does not damage the piece in any way, but makes a fine mark on the stone.



#### SPECIFIC GRAVITY MACHINE

The second step that may be conducted is a measurement of your item's density. By weighing the item first on a normal scale, and then underwater, the density is calculated. Since gold is a very heavy metal, the density allows us to calculate the purity of your gold.

1

*Bring in your unwanted gold, silver and platinum.*

2

*Our friendly and professional staff will test your items right in front of you and involve you in every step.*

3

*Receive your instant on-the-spot payout!*

### WHAT WE PAY...

#### KARAT

#### PRICE

1 ounce (9999) Maple Leaf Coins	\$1,590.66/coin
9999 Canada Maple leaf, less than 1 ounce	\$51.15/g
24k Jewellery	\$37.69/g
22k	\$34.52/g
E. Indian/Nuggets	\$30.60/g
18k	\$28.27/g
Dental Gold (yellow)	\$22.99/g
14k	\$21.97/g
10k	\$15.68/g
9k	\$14.13/g
Stamped Sterling Silver Jewellery	\$0.60/g
Platinum (950 purity)	\$37.60/g

Prices updated as of 13/02/08

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0%

— FINANCING ON —  
**2013\*\***  
— SELECT MODELS —

DRIVE IN WINTER,  
PAY IN SPRING.



Optima SX Turbo shown<sup>△</sup>

Forte SX shown<sup>△</sup>

2013  
**OPTIMA** HWY (A/T): 5.6L/100KM  
CITY (A/T): 8.6L/100KM



INTERNATIONAL CAR OF THE YEAR  
ROAD & TRAVEL MAGAZINE<sup>®</sup>

OWN IT FROM **\$137<sup>\*</sup>** BI-WEEKLY

WITH **\$0** DOWN AT **1.49%** APR FOR UP TO **60** MONTHS



HEATED SIDE-VIEW MIRRORS



HEATED SEATS

bi-weekly for 60 months, amortized over 84 months with **\$0 DOWN PAYMENT**. \$7,004 remaining balance. Offer includes delivery, destination, PPSA and fees of \$1,634. **BASED ON A PURCHASE PRICE OF \$23,629**. Offer based on 2013 Optima LX MT.

2013  
**SORENTO**

HWY (A/T): 6.5L/100KM  
CITY (A/T): 9.8L/100KM

7 PASSENGER SEATING AVAILABLE

AVAILABLE ALL-WHEEL DRIVE

**3 MONTHLY PAYMENTS ON US<sup>△</sup>**  
ON SORENTO ONLY

OWN IT FROM **\$157<sup>\*</sup>** BI-WEEKLY WITH **\$0** DOWN AT **1.49%** APR FOR UP TO **60** MONTHS



HEATED SEATS



HEATED SIDE-VIEW MIRRORS



ELECTRONIC STABILITY CONTROL

bi-weekly for 60 months, amortized over 84 months with **\$0 DOWN PAYMENT**. \$8,026 remaining balance. Offer includes delivery, destination, PPSA and fees of \$1,829 and **\$1,650<sup>\*</sup> "3 PAYMENTS ON US<sup>△</sup>" SAVINGS<sup>\*</sup>**. **BASED ON A PURCHASE PRICE OF \$28,724**. Offer based on 2013 Sorento LX AT FWD.

2013  
**FORTE** SEDAN HWY (A/T): 5.5L/100KM  
CITY (A/T): 8.0L/100KM

OWN IT FROM **\$91<sup>\*</sup>** BI-WEEKLY

WITH **\$0** DOWN AT **0.9%** APR FOR UP TO **60** MONTHS



HEATED SIDE-VIEW MIRRORS



STEERING WHEEL AUDIO CONTROL

bi-weekly for 60 months, amortized over 84 months with **\$0 DOWN PAYMENT**. \$4,683 remaining balance. Offer includes delivery, destination, PPSA, fees of \$1,534 and **\$1,500 LOAN SAVINGS<sup>\*</sup>**. **BASED ON A PURCHASE PRICE OF \$17,529**. Offer based on 2013 Forte Sedan LX MT.



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Best Global Brands 2012

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The Power to Surprise

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Atlantic Kia dealers for Atlantic drivers.

Offer available on select new 2013 models through participating dealers to qualified retail customers who take delivery by February 28, 2013. Dealers may sell or lease for less. Some conditions apply. See dealer for complete details. Vehicles shown may include optional accessories and upgrades available at extra cost. All offers are subject to change without notice. All pricing includes delivery and destination fees up to \$1,650, PPSA, other fees and certain levies (including tire levies) and A/C charge (\$100, where applicable) and excludes licensing, registration, insurance, other taxes and down payment (if applicable and unless otherwise specified). Other lease and financing options also available. <sup>△</sup>3 Payments On Us offer is available on approved credit to eligible retail customers who finance or lease any new 2013 Sorento from a participating dealer between February 1-28, 2013. Customers will receive a cheque in the amount of three payments (excluding taxes) to a maximum of \$550 per month or can choose up to \$1,650 reductions from the selling/lease price after taxes. See your dealer for complete details. Offer ends February 28, 2013. Cannot be combined with "Don't Pay For 90 Days" offer. <sup>\*\*</sup>0% purchase financing is available on select new 2013 Kia models O.A.C. Terms vary by model and trim, see dealer for complete details. Representative financing example based on 2013 Sorento LX AT (SR75BD) with a selling price of \$28,724 financed at 0% APR for 60 months. 130 bi-weekly payments equal \$221 per payment with a down payment/equivalent trade of \$0. <sup>\*\*\*</sup>"Don't Pay For 90 Days" offer (90-day payment deferral) applies to purchase financing on select new 2013 models. No interest will accrue during the first 60 days of the finance contract. After 90 days, interest accrues and the purchaser will repay both the principal and interest monthly over the contract's term. <sup>△</sup>Bi-weekly finance payment O.A.C. for new 2013 Sorento LX AT FWD (SR75BD)/2013 Optima LX MT (OP541D)/2013 Forte Sedan LX MT (F0540D) based on a selling price of \$28,724/\$23,629/\$17,529 is \$157/\$137/\$91 with an APR of 1.49%/1.49%/0.9% for 60 months, amortized over an 84-month period. Estimated remaining principal balance of \$8,026/\$7,004/\$4,683 plus applicable taxes due at end of the 60-month period. Retailer may sell for less. See dealer for full details. <sup>\*</sup>Loan savings for 2013 Forte Sedan LX MT (F0540D) is \$1,500 and is available on purchase financing only on approved credit. Loan savings vary by model and are deducted from the selling price before taxes. Some conditions apply. The 2013 Kia Optima is the 17<sup>th</sup> annual winner of the ICOTY as presented by Road & Travel Magazine<sup>®</sup>. <sup>△</sup>Model shown MSRP for 2013 Sorento 3.5L SX AWD 7-SEATER (SR75XD)/2013 Optima SX Turbo AT (OP748D)/2013 Forte SX Luxury AT (F074XD) is \$45,045/\$35,550/\$27,150 and includes delivery and destination fees of \$1,650/\$1,455/\$1,455 and A/C charge (\$100, where applicable). Vehicles shown may include optional accessories and upgrades available at extra cost. All offers exclude licensing, registration, insurance, other taxes and down payment (if applicable and unless otherwise specified). Other dealer charges may be required at the time of purchase. <sup>\*</sup> Highway/city fuel consumption is based on the 2013 Sorento 2.4L GDI 4-cyl (A/T)/2013 Optima 2.4L GDI 4-cyl (A/T)/2013 Forte 2.0L MPI 4-cyl (A/T). These updated estimates are based on the Government of Canada's approved criteria and testing methods. Refer to the EnergyGuide Fuel Consumption Guide. Your actual fuel consumption will vary based on driving habits and other factors. Information in this advertisement is believed to be accurate at the time of printing. For more information on our 5-year warranty coverage, visit [kia.ca](http://kia.ca) or call us at 1-877-542-2886. KIA is a trademark of Kia Motors Corporation.